

# public swimming times

## Ystradgynlais Sports Centre

Accurate as of 19/04/2024

### Times for Monday 30 November



Time	Session	Facility
6:30 am - 8:00 am	Nofio Lon / Lane Swim	swimming pool
8:00 am - 9:00 am	Nofio Lon / Lane Swim	swimming pool
3:45 pm - 6:15 pm	Gwersi Nofio Seren For / Starfish Swimming Lessons	swimming pool
6:15 pm - 7:15 pm	Open Swim	swimming pool
8:00 pm - 8:45 pm	Erobeg yn y D_r / Aqua Aerobics	swimming pool